FLEISCHMANN'S YEAST

presents

PRIZE WINNING YEAST RECIPES

from the

STATE AND COUNTY FAIRS

For many years fairs in America have carried on a colorful tradition – yeast baking contests. Whether it's a big State Fair or a smaller local one, each year finds judges gathered around tables heaped with loaves of bread, rolls, coffee cakes, sweet breads – all still rich with the characteristic "yeasty" fragrance – to choose the best.

Fair time is a time, too, when the women who baked these yeast breads meet each other to compare notes, to exchange recipe ideas, to give "tips". And ever since the old fashioned "homemade" yeast gave way to the tested, standardized product of today, these prize winning cooks have made Fleischmann's Yeast an important part of successful baking.

Here, some of the thousands of outstanding cooks who demonstrated their yeast baking skill in recent fairs give you their award winning yeast-bread recipes, to show you how this world famous yeast helped them to walk off with the top baking prizes.

Mary Lynn Woods

Mary Lynn Woods
Consumer Service Department
Standard Brands Incorporated

Mrs. Anna M. Sherwood
Kansas State Fair

yield: 2 braids

GERMAN COFFEE BREAD

- 1½ cups milk
- ½ cup (1 stick) margarine or butter
- ½ cup sugar
- 1 teaspoon salt
- 2 packages yeast, active dry or compressed
- ¼ cup warm, not hot, water
- 2 large or 3 small eggs
- 6 cups sifted flour
- 1 cup sugar
- 3 teaspoons cinnamon
- ½ teaspoon nutmeg

Scald milk. Stir in margarine, sugar, and salt. Cool to lukewarm. Dissolve yeast in water. Add milk mixture, eggs and flour. Mix to soft dough. Knead lightly on floured surface until smooth and elastic. Place in greased bowl, grease top of dough, cover, and let rise until doubled in bulk. Punch down and let rise again. Divide dough into 6 equal parts. Roll each into a 7″ x 12″ rectangle. Brush with soft margarine. Combine sugar, cinnamon and nutmeg. Sprinkle over dough. Roll each piece up tightly. Braid 3 strips on greased baking sheet. Repeat with remaining strips. Brush with soft margarine and sprinkle with sugar. Let rise until double. Bake at 350°F. for 30 min. When cool decorate with icing.

Mrs. M. L. Monts
South Carolina State Fair

yield: 1 dozen

GRAHAM YEAST ROLLS

- ⅔ cup milk
- 3 tablespoons sugar
- 2 tablespoons shortening
- 1 teaspoon salt
- ¼ cup warm, not hot, water
- 1 package yeast, active dry or compressed
- 1 egg, slightly beaten
- 1½ cups sifted white flour
- 1½ cups sifted whole wheat flour

Scald milk. Stir in sugar, shortening, and salt. Cool to lukewarm. Measure water into mixing bowl. Sprinkle or crumble in yeast; stir until dissolved. Add lukewarm milk mixture and egg. Combine whole wheat and white flours. Add about half the flour. Beat until smooth. Stir in remaining flour to make a soft dough. Turn dough out on a lightly floured board. Knead until smooth and satiny, about 5 minutes. Form into a smooth ball. Place in greased bowl. Grease top of dough. Cover and let rise in warm place, free from drafts, until doubled in bulk. Punch down. Shape into ball, let rest 10 min. Shape into rolls and place in greased round shallow pan. Let rise until double in size. Bake at 400°F. for 15 min.

German Coffee Bread, bottom, Graham Yeast Rolls, top.

Mrs. LaVerne Buckley
New York State Fair

yield: 2 rings

SUNDAY BREAKFAST CAKE

- 1½ cups milk
- 2 packages yeast, active dry or compressed
- ½ cup warm, not hot, water
- ½ cup sugar
- 2 teaspoons salt
- ½ cup soft shortening
- 2 eggs, beaten
- 7 to 7½ cups sifted flour
- ½ cup sugar
- 2 teaspoons cinnamon
- ½ cup raisins
- ½ cup chopped nuts
- 6 maraschino cherries, thinly sliced

Scald milk. Cool to lukewarm. Add yeast to warm water. Stir until dissolved. Add milk, sugar, salt, shortening, eggs and half of flour. Beat until smooth. Then stir in enough of remaining flour so dough will not stick to bowl. Knead on lightly floured board until smooth and elastic. Place in greased bowl. Grease top. Cover. Set in warm (85°F.) place to rise until double in bulk. Punch down; let rise again. Divide in half. Roll each into 15″ x 9″ oblong. Spread with margarine. Sprinkle with remaining ingredients. Roll as for Jelly roll. Seal edges. Place on greased baking sheets. Shape into rings. Seal ends. Cut ⅔ through rings at 1-inch intervals. Turn each section on side. Cover, let rise. Bake at 375°F. 30 min.

Mrs. Helen Delong
Indiana State Fair

yield: 4 dozen

PERFECT PARKER HOUSE ROLLS

- 1 cup milk
- 5 tablespoons sugar
- 1 tablespoon salt
- 1 package yeast, active dry or compressed
- 1 cup warm, not hot, water
- 6 cups sifted flour
- 6 tablespoons melted shortening

Scald milk, add sugar and salt. Cool to lukewarm. Dissolve yeast in warm water and add to lukewarm milk. Add 3 cups flour and beat until smooth. Add melted shortening and remaining flour. Knead well on floured surface. Place in greased bowl. Grease top. Cover, and set in warm place. Let rise until doubled in bulk, about 1½ hours. Roll out ⅜ inch thick and cut with 2½ inch biscuit cutter. Crease heavily through center with dull edge of knife and brush very lightly with melted margarine. Fold over in pocketbook shape. Place on well greased baking sheets. Cover and let rise until light, about 1 hour. Bake at 425°F. about 20 minutes.

Mrs. Eleanor J. Young **yield: 2 loaves**
Los Angeles County Fair, California

COLLEGE LOAF

- 2 cups skim milk
- 2 tablespoons sugar
- 2 teaspoons salt
- 1 tablespoon margarine or butter
- 6 cups sifted flour
- 1 package yeast, active dry or compressed
- ½ cup warm, not hot, water

Scald milk. Add sugar, salt, and margarine. Cool to lukewarm. Stir in three cups flour. Dissolve yeast in warm water and stir into milk mixture. Add remaining flour gradually, beating until dough no longer sticks to bowl. More flour may be added if necessary. Knead on lightly floured board until smooth and satiny. Then place in lightly greased, warmed bowl. Grease surface. Cover, and let rise until double in bulk. Punch down and let rise again until double. Shape into two balls. Cover; let rest 10 min. Form into 2 loaves. Place in greased 9 x 5 x 3 inch pans. Let rise until center is well above top of pan. Bake at 400°F. for 40 min. When baked, brush tops of loaves with margarine. Cool.

Anniversary Cinnamon Whirls and Perfect Parker House Rolls, top.

Sunday Breakfast Cake, center.

College Loaf, bottom.

Mrs. Francis G. Falada
Iowa State Fair

yield: 5 dozen

ANNIVERSARY CINNAMON WHIRLS

½ cup warm, not hot, water
2 packages yeast, active dry or compressed
1½ cups lukewarm water (potato or plain)
½ cup sugar
⅓ cup shortening
2 teaspoons salt
2 eggs and 2 yolks beaten
10 cups flour
¼ cup cream
½ cup sugar
½ teaspoon cinnamon

Measure ½ cup warm (not hot) water into mixing bowl. Add yeast and stir to dissolve. Stir in lukewarm water, sugar, shortening, salt, eggs, yolks, and 6 cups flour. Beat until smooth. Then stir in as much more flour as you can. Put on floured board and knead until smooth and will not stick to hands. Let rise to double in bulk, about 1 hour. Roll out into two rectangles and brush with cream, sprinkle with sugar-cinnamon mixture and roll up. Cut into 1-inch slices and place cut side up on greased baking sheet. Cover and let rise in warm place until light, about 30 minutes. Bake at 375°F. for 25-30 minutes.

Many prize winning cooks have also learned to adapt traditional yeast bread recipes and ideas to today's demands for quick and easy ways to bake. This means that rising times can be cut, that less preparation is needed – but that the bonus of good old-fashioned yeast bread flavor is still there. Here are simple, easy ideas for any cook to try – prize winner or just plain homemaker.

THREE-FROM-ONE RECIPE

Makes 12 twists 12 doughnuts

1 tea ring

1 cup (2 sticks) margarine
¼ cup warm, not hot, water
2 packages yeast, active dry or compressed
1 cup lukewarm milk
2 eggs, beaten
¼ cup sugar
1 teaspoon salt
1 teaspoon grated lemon rind
4½ cups sifted flour

Melt and cool the margarine. Using small bowl, dissolve yeast in water. Combine in large mixing bowl: milk, margarine, beaten eggs, sugar, salt, lemon rind, yeast mixture and flour. Beat until smooth, about one minute. Cover with damp cloth and place in refrigerator 2 hours or more. Dough may be refrigerated overnight, if desired.

Shaping Directions:

Divide dough into thirds; refrigerate portions not being shaped. Shape into any of the following yeast bread styles:

TWISTS

Roll dough into rectangle 12 x 14 inches. Brush with melted margarine. Spread with ½ cup preserves or jam and fold one third of dough over center third. Fold remaining dough over the two layers. Cut into strips 1 inch wide. Take hold of each end of strip and twist tightly in opposite directions. Seal ends firmly. Place on greased baking sheets about 1 inch apart. Bake in hot oven (400°F.) for 15 minutes.

DOUGHNUTS

Roll dough ¼-½ inch thick. Cut with 2½ inch doughnut cutter. Place on greased baking sheet. Cover and let rise in warm place, free from draft, until light, about 45 minutes. Fry in deep fat at 400°F. about 3 minutes until golden or bake in hot oven (400°F.) 15 minutes.

SWEDISH TEA RING

Roll into rectangle 9 x 14 inches. Sprinkle with ⅓ cup sugar, 1½ teaspoons cinnamon, ½ cup raisins, ½ cup chopped nuts (optional). Roll up as for jelly roll. Place on greased baking sheet seam side down. Form into ring; seal ends together. Cut 1 inch slices almost through with scissors. Turn each slice on its side. Cover and let rise in warm place, free from draft, until light, about 45 minutes. Bake in hot oven (400°F.) for 15-20 minutes. Decorate with confectioners' sugar icing.

DUTCH APPLE CAKE

- ⅓ cup milk
- ¼ cup sugar
- ½ teaspoon salt
- 4 tablespoons margarine or butter
- ¼ cup warm, not hot, water
- 1 package yeast, active dry or compressed
- 1 egg, well beaten
- 1⅓ cups sifted flour
- 1½ cups canned apple slices, drained
- 2 tablespoons brown sugar
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg

Scald milk. Stir in sugar, salt and 2 tablespoons of margarine. Cool to lukewarm. Dissolve yeast in water. Stir in lukewarm milk mixture. Add egg and flour. Beat until smooth. Spread dough evenly in greased 9 x 9 x 2 inch pan. Arrange apple slices on top. Sprinkle with mixture of brown sugar, cinnamon and nutmeg. Dot with remaining margarine. Cover and let rise in warm place, free from draft, until doubled in bulk, about 40 minutes. Bake in hot oven (400°F.) for 25 minutes. Drizzle with confectioners' sugar icing.

Dutch Apple Cake, bottom, Swedish Tea Ring,
Doughnuts, center, Twists, top.

Fleischmann's Yeast
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